

Florence Community Center

March 1st-31st Art & Craft Contest

Pick up your supplies from the front desk.

March Madness Adult Open Gym

Wednesdays from
12:00pm-3:00pm
**for the month of March*

Little Peeps Activity FREE!

Wednesdays
10:00am-10:30am
Join us for some arts and craft activities. We provide the materials, you bring your creativity.

Starting March 4th
The center will stay open until
1:30pm on Mondays.

Get Fit at Florence
WEIGHT ROOM EXTENDED HOURS ONLY
Seniors 55+ Free
M-F 8:00am-12:00pm
Saturday 10:00am-12:00pm

Senior Zoo Trip

It's Free
Monday, May 14th
10:00am-2:00pm
Enjoy a day at the Omaha Zoo!
Bus transportation provided.
55+ FREE!

*Register with Kathy at the Senior Center

**The Senior Center presents
Shamrock Bingo**
Wednesday, March 13th
12:30am-2:00pm
Special Prizes
55+ FREE!

Weight Room & Open Gym Pricing

Weight room is open anytime the center is open.
Gym schedule posted at front desk and online.
Open Gym is free for anyone High School age and younger during

\$3/1 visit

\$15/10 visits

\$25/20 visits

Florence Community Center (402)444-5216

2920 Bondesson Street Omaha, NE 68112

parks.cityofomaha.org



OMAHA
PARKS
RECREATION
PUBLIC PROPERTY

Florence Hours:

Mon 8am-1:30pm
Tues - Thurs 8am-8pm
Fri 8am-12pm
Sat 10am-3pm



Facility Rental

\$20 per hour/per room during open hours

\$16 per hour/per staff member*

\$100 damage deposit

*Staff fee required when center is closed.

Rent the gym, party room, or small meeting room.

Full payment due at time of booking. All rentals subject to facility supervisor approval.

Tiny Tot Gym

Tue & Thurs 10:00am-12:00pm

Play with the toys in the gym without the big kids.

Ages 6 & under only. Supervision required.

\$1/adult (kids are free).

Turner Dance

Tuesday Evenings

Ages 3 & up

Offers tap, jazz, ballet, drama, tumbling, and hip-hop

Contact Diane Turner: (402)321-2299

turnerdance09@yahoo.com

Fist and Foot Martial Arts

Wednesday, Thursday, & Saturday

Cost:

Youth: 3 Month Card \$75.00; Drop-in Fee: \$8.00

Adult: 3 Month Card \$100.00; Drop-in Fee: \$12.00

Contact Alex R. Thomas for more information

Phone: (402)681-2777

Website: www.fistandfootmartialarts.com

Step Into Fitness

Tues & Thurs 5:30pm-6:30pm

\$32 for 8 week session

Upper body strengthening, step aerobics, and ab toning exercises.

Contact Denise Smith: (402) 670-3915

CAPOEIRA ANGOLA

Wednesdays 6:00pm-7:30pm

Saturdays 10:00am-12:00pm

Traditional Brazilian game featuring elements of martial arts, music and acrobatics.

Fees: \$10 Drop-In

\$50 per month

Contact: Tommy (402) 547-8327

Get Fit at Florence

Mon-Fri 8:00am-10:00pm (Gym and Weight Room)

Mon-Fri 10:00am-12pm (Weight Room Only)

Sat 10:00am-12:00pm (Weight Room only)

Free weight room use and walking in the gym for patrons 55 and older. Adults 75+ can sign up for a Master Pass to use the center free everyday!

Tai Chi

Monday & Wednesday 10:30am-11:15am

Suggested contribution of \$0.50 a class

Movement for better balance.

Florence Senior Center

Monday-9:00am-1:30pm

Tuesday-Friday-9:30am-3:00pm

Lunch-served daily at 12:00pm; suggested contribution of \$4.00 (60+years); required \$10.00 (under 60 years) Cards, bingo, dancing, guest speakers, Merrymakers Entertainment and more!

Contact Kathy Throne: (402)444-6333

Kathy.Throne@cityofomaha.org

Essentrics® with Sherry

Tuesdays from 9:30am-10:30am

\$10/class A dynamic, full body workout suitable for all fitness levels, that simultaneously combines stretching and strengthening while engaging all 650 muscles.

INTRODUCING Special Senior Class

Tuesdays from 10:45am-12:15pm This class is designed for older adults.

Contact Sherry for more information

sherry.lust@gmail.com

Ceramics Class

Tuesdays 10:30am - 2:30pm

\$30 for a 5 week session or an \$8 drop-in fee

Paint pottery in this fun class taught by a certified instructor! Firing is included in the fee. Contact Cindy Talbitzer: (402)290-5717

Pickleball

Tuesdays & Thursdays 1:00pm-3:00pm

Free! 18+

This game mixes aspects of tennis, ping-pong, and badminton. Bring a friend and come play!

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